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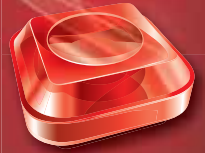
Monday, January 14, 2013



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GOLDEN GIRL

Anne Hathaway poses with the award for best supporting actress backstage at the 70th annual Golden Globe Awards in Beverly Hills on Sunday. More coverage on page 9 and at metronews.ca. JORDAN STRAUSS/INVISION/THE ASSOCIATED PRESS

Bringing water back into HRM fold

Spitballing. Regional councillor suggests it's time to investigate making Halifax water commission part of municipality once again

Days after announcing an application to raise water rates in HRM, members of the Halifax Regional Water Commission will appear before regional council for a turn on the hot seat.

Coun. Steve Craig (Lower Sackville) asked for HRWC officials to appear to discuss the utility's latest annual report — and suggested that could lead to another discussion, down the road, about changing the relationship between HRM and the water commission.

"It's a tremendous cost, a tremendous thing provided for the citizens of HRM, and therefore let's have something a little less arm's length," said

Quoted



"I think that it's important enough, as is police, as is roads, as is development, to be under the auspices of an elected body."

Coun. Steve Craig, on Halifax water.

Craig. "I haven't looked into it, but I wouldn't be surprised if a motion came forward sometime to have it looked into, let's make this a department of HRM."

Responsibility for wastewater and stormwater management was transferred to the water commission in 2006, and Coun. Russell Walker — who sits on the HRWC board — said council would have to think carefully about transferring it back.

"It was a long, hard discus-

sion to do it in the first place," he said. "It would be another long hard discussion on whether council's ready to increase water bills and take responsibility for that."

Walker said he'd have to see the business case before deciding whether he'd support the change.

Craig said Tuesday's appearance by water commission officials is not related to the water rate hike announced last week, which is expected to add about \$200 to the average water bill over two years.

Craig said he received the HRWC 2011-12 annual report before Christmas, and found it lacked detailed plans to address stormwater management and the flooding that routinely plagues parts of his district.

"So I want to ask the questions ... what is your process, how do you set your priorities, what are your budgets, especially around stormwater management, that's my focus right now," he said.

RUTH DAVENPORT/METRO

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Journey home

HMCS Athabaskan on its way to city

A navy warship whose hull was damaged while being towed from Ontario to Halifax has resumed its journey to its home port.

The Department of National Defence says the HMCS Athabaskan left North Sydney around 8:30 a.m. Sunday and will arrive in Halifax in two or three days.

The military says tethering lines broke as the destroyer was being towed in rough waters off a rocky shoal near Cape Breton.

THE CANADIAN PRESS

Search underway

Police seek help in locating missing Halifax woman

Police are asking for the public's help in finding a missing Halifax woman.

Robin Armstrong, 31, has not been seen or heard from since Friday when she didn't return to her home.

Officers are looking for Armstrong and searched her apartment on Sunday, said Staff Sgt. Reid McCoombs of Halifax Regional Police.

McCombs said police are "really not sure" where Armstrong could be, and her family also has no ideas.

Anyone with information on Armstrong's whereabouts is asked to call police at 490-5020.

HALEY RYAN/METRO



Robin Armstrong
CONTRIBUTED



Hundreds of people skate on the Emera Oval Sunday afternoon on the Halifax Common. HALEY RYAN/METRO

Warm weather brings out skating crowd

Lace 'em up. Emera Oval is as popular as ever with another season in full swing



HALEY RYAN
haley.ryan@metronews.ca

Melanie and Mackenzie Sampson wore matching purple tuques for their first-ever Emera Oval visit on Sunday afternoon.

"I'm pretending to skate, daddy," said six-year-old Melanie as she slid her feet along the snowy grass of the Halifax Common.

Quoted

"It's the perfect place to spend an afternoon."

Ben Barton, of the Emera Oval

Her father, Ken Sampson, smiled and said the family had decided to come over from Dartmouth because of the mild weather.

"It looks like it's going to be fun," Sampson said. "(My son) Matthew is out there already. He couldn't wait."

Hundreds of people joined the Sampsons on Sunday afternoon, when clear skies and temperatures of around 5 C had all ages lacing up their skates to take a spin around

the popular oval.

The oval, which can allow 1,500 people at a time, is in its second winter season since Halifax regional council decided to make the facility permanent in March 2011.

"It's nice to know we have it and they decided to maintain it," said Sampson.

Four-year-old Ben Thompson was also learning how to skate.

"I didn't fall," Thompson said proudly from atop his

dad's shoulders.

"We always wanted to come down and see the oval," said Ben's father, Brycen Thompson, who came from Truro.

Samantha Antonio and Anne Marie Woodgate, both 19, said they enjoyed coming from Dartmouth to use the oval because of its location.

"It's nice that its downtown, so you can do other stuff too," said Woodgate, adding the one drawback is a lack of parking space.

On the web

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1 NEWS

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Small things, big impact: Public Good Society helps out in meaningful ways

Community at work.

North-end Dartmouth non-profit — run by a board of volunteers — finds tangible ways to improve the lives of residents



RUTH DAVENPORT
ruth.davenport@metronews.ca

For anyone who owns a vehicle, the prospect of a ride home probably wouldn't seem like such a big deal.

But for the clients of a north-end Dartmouth food bank, it's a veritable luxury — one less thing to worry about for people often facing a mountain of difficulties.

The Dartmouth North Community Van is the brainchild of former councillor Jim Smith, and made a reality by the members of the non-profit Public Good Society of Dartmouth.

"People that are coming to food banks aren't coming in cars or taxis. They can't afford that," said Ralph MacKenzie, a retired teacher who drives clients home in the van on Wednesdays. "So we provide a lift home for them."

As MacKenzie zips around the north-end streets, the passengers express fervent gratitude for the ride.

"I've seen myself go back and forth, walking in the freezing dead of winter, so

cold I'd be crying on the way home," Suzanne Vachon said. "So praise the Lord for this van."

Five north-end community groups use the van, and in the past year, MacKenzie said it has transported more than 2,050 people — people who get to meet neighbours they might otherwise never have spoken to.

"What program could you ever get that could help that many people?" MacKenzie said. "It's an absolutely wonderful service, a service that people need."

Finding small ways to make a big impact is kind of the raison d'être of the Public Good Society, outreach facilitator Kevin Little said.

Little runs the society's Connections That Work program. He spends four mornings every week being "friendly, not creepy" to food-bank users, helping them find employment, housing or health care.

"I hang out with people and they tell me their story," he said. "The people in those food banks have a lot of needs that go well beyond finding work."

The Connections program is funded by a Department of Community Services grant that's contingent on getting people into jobs, but Little said he often has to help clients breach other barriers first.

"Doing the soft stuff gets you a reputation as the guy who can help," he said. "That reputation will lead to, often, somebody saying, 'That guy got me a place to



Ralph MacKenzie, left, loads groceries into the Dartmouth North Community Van with the help of Doug Glenn before giving clients at a Dartmouth food bank a ride home. The van is one of two major projects initiated by the non-profit Public Good Society of Dartmouth. JEFF HARPER/METRO

live — you should ask him about getting a job."

Little sets boundaries — meeting in public places, no financial handouts — and said he's helped more than 650 people in the past four years.

"There's lots of issues I'd love to solve that I can't," he said. "But in this difficult world, we can make some practical steps that make things a little better. And that's what the Public Good Society does."

Follow Ruth Davenport on
Twitter @cnrvenientruth



New venture

Society to assist housing project

The Public Good Society is launching its third major endeavour, focused on housing in Dartmouth Centre.

The society is working in collaboration with Metro Non-Profit Housing to open a Dartmouth office of the Halifax Housing Help (HHH)

program.

HHH works to address urgent housing crises and provides support to people to overcome the barriers keeping them from maintaining housing.

Although HHH would handle the day-to-day operation of the Dartmouth office, the Public Good Society will find and establish an office and provide support for program development.

RUTH DAVENPORT/METRO

Your Community At Work

Your Community At Work is a new regular feature that will appear on Mondays highlighting people and groups working to make a difference in their community. Send suggestions to ruth.davenport@metronews.ca.

Quoted

"It's the satisfaction of knowing you're making a difference. There's lots of downsides. But I think the happy stories make those stories balance."

Kevin Little, outreach worker, Public Good Society of Dartmouth

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Crown unhappy after woman gets two years for starving child

Susan Elizabeth MacDonnell. Crown wanted Dartmouth woman behind bars for five years



ANDREW RANKIN
andrew.rankin@metronews.ca

A Dartmouth woman who admitted to nearly starving her child to death was handed a two-year prison sentence on Friday.

After Supreme Court Justice Kevin Coady read his decision, Susan Elizabeth MacDonnell, 44, dropped her head and dabbed her eye with a tissue.

MacDonnell had already pleaded guilty to aggravated assault and failing to provide the necessities of life for her then 22-month-old daughter, Rachel, in 2010.

"Either way you cut it, Mrs. MacDonnell is a very sick woman," said Coady.

Coady opted to go with the

defence's recommended sentence, which includes a three-year probation period after her prison term is completed. The Crown recommended a five-year prison term.

Crown attorney Catherine Cogswell disagreed with the sentence, citing a psychiatric assessment produced in the case that she said proved MacDonnell suffers from a personality disorder, which she argued is not a mental illness.

"She used her façade as a super mom to almost kill a child," said an emotional Cogswell. "Compassion is important for everybody. The vast majority of the public would like to see the compassion for the child."

Rachel had been admitted to the IWK Health Centre in March 2010 suffering from dehydration and malnutrition. MacDonnell admitted to disconnecting the child's feeding tube in the hospital and to diluting a high glucose formula at least six times.

Coady cited several reasons why he chose a shorter prison

Healthy

4

The child, now four-years-old, is reportedly healthy with her adopted family.

term, including that MacDonnell had been considered a "super mom" in the foster family world, had no previous criminal record and she had been making progress with her rehabilitation.

"I'm not suggesting that she not be held accountable, but people would see this as a special case and a carefully crafted sentence and while they would like to see the book thrown at truly violent and dangerous offenders, I do not feel like they would feel the same way for Mrs. MacDonnell," said Coady.

Cogswell disagreed. "People are outraged," she said. "I have had foster parents call me, I've had parents call me and strangers stop me on the street. Everybody's absolutely shocked."



Crown attorney Catherine Cogswell talks to reporters after Susan Elizabeth MacDonnell was sentenced to two years in prison for starving her child. ANDREW RANKIN/METRO

Search called off

'No chance' of finding fisherman alive: Official

Officials have called off the search for a fisherman who went overboard Saturday southwest of Yarmouth.

Lt.-Cmdr. Bruno Tremblay, a spokesman for the navy in Halifax, says rescue

crews made the difficult decision around 9 a.m. Sunday after scouring the waters for more than 14 hours.

He says it's standard procedure, noting at this point, "there's no chance to find him alive anymore."

Tremblay says the Joint Rescue Co-ordination Centre was called Saturday with reports of a fisherman going overboard. **THE CANADIAN PRESS**

KFC/Taco Bell

E. coli outbreak linked to lettuce

Lettuce used at KFC and Taco Bell outlets is the likely source of a recent outbreak of gastro-intestinal illness caused by E. coli bacteria in Nova Scotia, New Brunswick and Ontario, a health official said Friday. **THE CANADIAN PRESS**

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Aaron Swartz. Family of Reddit co-creator blames prosecutors for suicide

The family of a Reddit co-founder who committed suicide weeks before he was to go on trial on federal charges that he stole millions of scholarly articles is blaming prosecutors for his death.

Aaron Swartz hanged himself in his Brooklyn apartment Friday night, his family and authorities said. The 26-year-old had fought to make online content free to the public and as a teenager helped create RSS, a family of web feed formats used to gather updates from blogs, news, audio and video.

In 2011, he was charged with stealing millions of scientific journals from a JSTOR computer archive at the Massachusetts Institute of Technology in an attempt to make them freely available.

He had pleaded not guilty, and his federal trial was to begin next month. If convicted, he faced decades in prison and a fortune in fines.

In a statement released Saturday, Swartz's family in Chicago expressed bitterness toward federal prosecutors pursuing the case against him.

"Aaron's death is not simply a personal tragedy. It is the



Aaron Swartz THE ASSOCIATED PRESS FILE

product of a criminal justice system rife with intimidation and prosecutorial overreach. Decisions made by officials in the Massachusetts U.S. Attorney's office and at MIT contributed to his death," they said.

JSTOR didn't press charges once it reclaimed the articles from Swartz, and some legal experts considered the case unfounded. JSTOR's attorney even asked prosecutors not to pursue the case, according to Elliot Peters, Swartz's defence attorney. **THE ASSOCIATED PRESS**

Attawapiskat. Mulcair seeks hunger strike's end

NDP Leader Tom Mulcair is calling on Attawapiskat Chief Theresa Spence to end her liquid-only diet.

Mulcair told CTV's Question Period he's always concerned when someone seems willing to end their own life.

He says Spence ought to end her protest now following last week's meeting between Prime Minister Stephen Harper and First Nations leaders.

"I would sincerely call upon Chief Spence to realize

that there has been a step in the right direction," he said.

"It has been a year where nothing was done after a very formal meeting. But finally the government seems to be moving."

Spence has vowed to continue her protest until First Nations leaders can get Harper and Gov. Gen. David Johnston in the same room.

Spence says she has been consuming nothing more than fish broth and tea since Dec. 11. **THE CANADIAN PRESS**

Sanctuary claims Ikea monkey was abused

Custody battle. Court documents allege the family beat the animal, wanted its teeth pulled

Semantics?

"She holds him by the neck to keep him still or above water.... The defence calls this strangulation."

Lawyer Ted Charney, alleging that the sanctuary considers normal pet handling "abuse."

The battle over a macaque known as the Ikea monkey is heating up, with a primate sanctuary alleging his owners strangled the animal, hit him with a spoon and planned to have his teeth removed.

But a lawyer representing the woman, who is trying to get her pet back, dismisses the claims, saying they're an attempt to discredit his client.

Anything can be claimed in such court documents, "no matter how ridiculous," Ted Charney said in a statement.

The monkey named Darwin has resided at Story Book Farm

Primate Sanctuary in Sunderland, Ont., since he was found in December wandering in the parking lot of a Toronto Ikea, wearing a little shearling coat.

The sanctuary is trying to block efforts by Yasmin Nakhuda, Darwin's owner, to get him back, and it's now alleging in court documents filed Friday that she abused him.

Nakhuda has said that an unidentified breeder gave Darwin to her as a gift. But the sanctuary alleges Nakhuda, a real-estate lawyer, was introduced to an illegal exotic-animal dealer by a client.

Nakhuda tried to return Darwin after a few days but decided to keep him after the dealer showed her how to abuse the monkey so he behaved, the sanctuary alleges.

The whole family, including Nakhuda's husband and young sons, have abused Darwin since then, the sanctuary alleges.

They have hit him in the head and face, forced him to live in a small dog crate and failed to change his diaper for days, the sanctuary alleges.

Darwin was biting the family to protect himself, which prompted them to



The monkey, Darwin
HANDOUT/THE CANADIAN PRESS FILE

make plans to have his teeth removed, the primate sanctuary alleges.

"There are many YouTube videos which show Darwin with the family looking just fine and reveal a loving relationship," Charney said. "Not one person has come forward to say they witnessed abuse."

THE CANADIAN PRESS



Un père, une mère! Hordes protest gay marriage in France

Women shout during a demonstration in Paris on Sunday. Many thousands of protesters are mobilizing against the French president's plan to legalize gay marriage. The opposition to Francois Hollande's plan has underscored divisions among the secular-but-Catholic French. But while polls show the majority still support legalizing gay marriage, that backing gets weaker when it comes to the raising of children. **MICHEL EULER/THE ASSOCIATED PRESS**

India sees another bus-based gang rape, 6 suspects arrested

Police said Sunday they have arrested six suspects in another gang rape of a bus passenger in India, four weeks after a brutal attack on a student on a bus in the capital outraged Indians and led to calls for tougher law.

Police officer Raj Jeet Singh said a 29-year-old woman was the only passenger on a bus as she was travelling to her village in northern Punjab state on Friday night. The driver refused to stop at her village despite her repeated pleas and drove her to a desolate location, he said.

There, the driver and the

conductor took her to a building where they and another five friends took turns raping her overnight, Singh said.

The driver dropped the woman off at her village early Saturday, he said.

Singh said police arrested six suspects on Saturday and were searching for another.

Gurmej Singh, deputy superintendent of police, said all six admitted involvement in the rape. He said the victim was recovering at home.

Also on Saturday, police arrested a 32-year-old man for allegedly raping and killing a nine-year-old girl two weeks

ago in Ahmednagar district in western India, the Press Trust of India news agency reported. Her decomposed body was found Friday.

Police officer Sunita Thakare said the suspect committed the crime seven months after his release from prison, having served nine years for raping and murdering a girl in 2003, PTI reported.

The deadly rape of a 23-year-old student on a New Delhi bus in December set off an impassioned debate about what India needs to do to prevent such tragedies.

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Nortel verdict will send message, observer says

Monday ruling. Former executives, accused of cooking books, each face up to 10 years in prison

Three former Nortel executives accused of orchestrating a widespread multimillion-dollar fraud will learn their fate Monday, nearly a year after one of the largest criminal trials in Canada's corporate history began.

Ontario Superior Court Justice Frank Marrocco is set to rule on whether ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gologly manipulated financial statements at Nortel Networks Corp. from 2002 to 2003.

The men, who each face two counts of fraud, are accused of participating in a book-cooking scheme designed to trigger \$12.8 million in bonuses and stocks for themselves at the once powerful Canadian technology giant. The accused, who were fired in 2004, have all pleaded not guilty to the charges. If convicted, each could face up to 10 years in prison.

Marrocco was the lead pro-



Ex-Nortel CEO Frank Dunn leaves a Toronto court in this Jan. 16, 2012, photo. On Monday, a judge will rule on fraud charges against Dunn and two colleagues. THE CANADIAN PRESS FILE

secutor in the Bre-X Securities case — the largest corporate fraud case in Canadian history — and his verdict will send a message through both legal and financial circles, says one expert observer.

Darren Henderson, an assistant professor of managerial accounting and control at Richard Ivey School of Business at Western University, says that since the fall of Nortel, securities regulations have been tightened — particularly to ensure that top-ranking executives at major corporations are held more accountable when

By the numbers

\$9B

The verdict will come on the same day that mediation talks on the distribution of nearly \$9 billion in assets from the now-bankrupt Nortel begin in Toronto. The weeklong proceedings are part of an effort to settle the company's creditor claims in Canada, the U.S. and around the world.

signing off on financial statements.

Despite this, Canada is still seen as soft on white-collar crimes, especially when compared to the stiff sentences handed out in the U.S. during the Enron scandal.

"When you look at white collar crime, there is always going to be incentives for manipulating financial statements," he said.

"There is a direct financial incentive of increasing the value of your sales, getting a bigger bonus or keeping your job. And what has to counteract that is a disincentive or deterrent from the perspective of potential litigation and potential to go to prison."

THE CANADIAN PRESS

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Fired up over Spain's health-care sell-off

Protesters shout slogans during a demonstration, Sunday, against plans to restructure and partly privatize the health-care sector in Madrid. The area's regional government proposes selling off the management of six of 20 large public hospitals and 27 of 268 health centres, and says the reforms are needed to secure health services during the country's economic crisis. Spain's regions are struggling with a combined debt of about \$190 billion US as the national economy contracts into a double-dip recession triggered by a 2008 real-estate crash. ANDRES KUDACKI/THE ASSOCIATED PRESS

U.S. Treasury rules out minting \$1T supercoin to solve debt-limit crisis

The U.S. government won't be minting a \$1-trillion US platinum coin as a way to solve its debt-limit crisis.

Treasury Department spokesman Anthony Coley said Saturday that neither his department nor the Federal

Reserve believes the law can or should be used to produce such a coin to avoid a coming battle with Congress over government borrowing.

Some of U.S. President Barack Obama's liberal allies have been promoting the coin

strategy. The government has reached its \$16.4-trillion borrowing limit. By late February or early March, Treasury will run out of ways to cover debts and could begin defaulting on government loans.

THE ASSOCIATED PRESS

PRIVATE SECTOR ALSO A FISCAL PLAYGROUND



**URBAN
COMPASS**
Stephen Kimber
halifax@metronews.ca

One of the enduring myths among those who bow down to the gods of the marketplace is that someone who screws up in the private sector — unlike the cosseted public sphere

— will suffer inevitably dire consequences for failure.

While there may be truth to that at the lower rungs of the corporate ladder, those at the top seem well insulated from the rigors of marketplace discipline.

Case in point: Rob Bennett, until last week the president and chief operating officer of Nova Scotia Power, 2011 salary circa \$1.15 million, up 23 per cent from the year before.

CEO of Nova Scotia Power

Last week, Emera, NSP's parent company, announced Bennett would become its executive vice-president and chief operating officer, a job that didn't exist before it was created, coincidentally, just in time for Bennett's soft landing.

Last month, the Nova Scotia Utilities Review Board issued its decision on NSP's latest rate increase request. While granting three per cent increases in 2013 and 2014, the board tore a strip off Nova Scotia Power management, which is to say Bennett.

It disallowed \$4.5 million in fuel costs the company had claimed in 2010 and 2011, arguing NSP could

have purchased fuel more cheaply.

And it expressed its "dismay and concern" over the company's "unreasonable ... inappropriate ... inexplicable ... inexcusable" conduct during the hearings.

After spending \$2 million to hire 10 experts and filing over 1,000 pages of evidence to attack an independent auditor's conclusions, the company — on the very last day of the hearings — revealed important information about its fuel market dealings, which, the board noted, added "significant time, cost and rancor, unnecessarily" to the proceedings.

The URB fined NSP \$2 million for bad behaviour.

Let's see ... two-million to unsuccessfully contest the audit, \$2 million for conduct unbecoming and \$4.5 million more to cover disallowed fuel costs. That's \$8.5 million.

And don't forget during Bennett's four-year watch, a \$93-million heat recovery project went 40 per cent over budget and the company had to swallow more costs because of delays in moving into its new corporate headquarters.

Did Bennett walk the plank for his transgressions? Fall on his sword in shame?

Not exactly. Last week, Emera, NSP's parent company, announced Bennett would become its executive vice-president and chief operating officer, a job that didn't exist before it was created, coincidentally, just in time for Bennett's soft landing.

Ah, yes, the private sector. Where the consequences of failure are ... success.

City bustles despite warning

Beijing's air pollution goes off the index

People refused to venture outdoors and buildings disappeared into Beijing's murky skyline on Sunday as the air quality in China's notoriously polluted capital went off the index.

The Beijing Municipal Environmental Monitoring Center said the density of PM2.5 particulates had surpassed 700 micrograms per cubic metre in many

parts of the city. The World Health Organization considers a safe daily level to be 25 micrograms per cubic metre.

The centre recommended that children and the elderly stay indoors.

The U.S. Environmental Protection Agency's air quality index goes up to only 500, and the agency advises that anything greater than 300 would trigger a health warning of "emergency conditions."

THE ASSOCIATED PRESS

Anniversary picks up steam



ALASTAIR GRANT/THE ASSOCIATED PRESS

London Tube

Restored-train trip marks 150th

Metropolitan 1, a restored steam train built in 1898, passes through Farringdon Tube station on its journey between Olympia Tube station in the west to Moorgate station in London on Sunday.

The trip was part of celebrations for the 150th anniversary of the London Underground Tube system. The first stretch of the world-famous network opened to the public on Jan. 10, 1863.

THE ASSOCIATED PRESS

Underground

Onlookers catch glimpse of history

Tourists waiting for the morning subway train to Madame Tussauds were treated to the unusual sight. Hundreds of train fans, costume-wearing enthusiasts, and curious onlookers gathered at platforms and bridges across the city to watch as the locomotive transported passengers on the iconic trip.

THE ASSOCIATED PRESS

Chugging along

Mayor calls ride 'romantic'

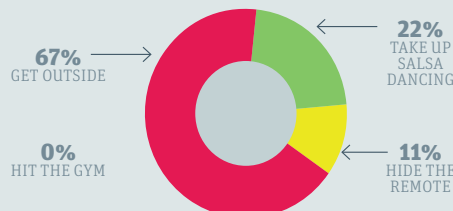
London Mayor Boris Johnson was among the invited passengers aboard the historic black-and-red locomotive. He said the trip was "romantic," describing "thick clouds of white steam going past and then bits of soot coming through from the engine."

THE ASSOCIATED PRESS



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What's your plan for getting in shape in 2013?



Twitter

@NowForPlanA:

Skating at the #halifax oval this afternoon. A warm afternoon!

@sarita_reyes:

For the love of god someone get the @MSVU_Halifax Internet fixed!!!! #MacProblems #Tonsof homework #frustrated

@ptracz:

#sailing in #Halifax Harbour on a beautiful warm January day! With friends @FirstIndustria1 @

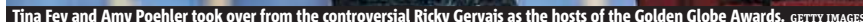
em_dicky and more

@_kales:

Not 1, not 2, but 3 people pulled over on the circ on my way to work. Watch your speed #dart-mouth & #halifax

@jamikeyte:

Radio stations in between from Sydney to Halifax absolutely suck.... Oh my sweet lord my ears



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Before Blahniks and Big, Bradshaw had a bestie...

The Carrie Diaries.

Canadian actress Ellen Wong is set to get Carried away as the young pal of one of New York's finest

ELIZABETH
BEDDALL

scene@metronews.ca

So, much like the young Carrie Bradshaw in your new show *The Carrie Diaries* (played by AnnaSophia Robb), you've recently been bouncing back and forth between New York City and your hometown (Toronto). Is there a location you prefer?

At this point in my life, I love being in New York. I'm being introduced to an amazing city that oozes with creativity and vibrancy and I'm learning more about myself creatively, being there. And also getting to work on a show with so many amazing people ... I love it.

It's almost like my second home. But Toronto, I always say that my heart lives there. Every time I come back, it's like I don't need to adjust to anything, I'm just home.

In the show you play a young Carrie Bradshaw's loyal, bright and hard-working high school pal Jill "The Mouse" Thompson. Are there similarities between you and your character?

That's one of the main reasons I'm drawn to the show. Because I felt like I related to the character very much. But I also saw a chance to play a character that I never really saw on TV growing up.

I'm playing a girl oscillating between two worlds



The Carrie Diaries premieres Monday at 10 p.m. ET on City. HANDOUT

— she has Chinese parents so her world at home is different than the world that she goes to school and exists in with her friends. So she's trying to find a place that fits for her.

Were you a big *Sex and the City* fan in its heyday?

I actually started watching the series after we shot the pilot. It was a fun project and I watched the entire

series over the summer. It was the best way to watch it because I wasn't having to wait week to week to see what was going to happen next.

So every girl likes to align herself with a character. Are you a *Miranda*, *Charlotte*, *Samantha* or *Carrie*?

Sometimes I feel like I always give a different answer because I've thought about

Mouse mellows out

"I'd like to see her loosen up a little bit as the series goes on, to just go with the flow."

Ellen Wong

it so much. What I loved was that there weren't really the stereotypical archetypes in the show — each of the characters had their own thing but were also very related.

What I really liked about the show was that I was able to identify with each of the characters. And that was similar with the *Carrie Diaries*. You have all these people with unique attributes but then they also are growing up and trying to figure out their lives together and you can relate to all of them.

Fashion and this franchise go hand in hand. So if *Mouse* was catapulted to the future and became an actual character on *Sex and the City*, what would her wardrobe look like?

Maybe soft, silky pieces, but still conservative and closed up ... just a little bit more of a risk taker here and there with more colours and different lines.

At what store would she max out her credit card?

I see *Mouse* as someone who would end up very worldly, so maybe she would get her wardrobe from all over the world.



1600 Penn. HANDOUT

New on TV. Taking the politics out of the White House on 1600 Penn

NED
EHRBAR

Metro World News

The guys behind NBC's new White House-set sitcom *1600 Penn* want to make one thing clear: This is not a political show.

"There are a lot of shows about politics. This is not that show," says executive producer Mike Royce.

Fellow executive producer Jason Winer insists this is more about work and family, regardless of the address.

"It's a serious place," Winer says of the White House, "but it's also a workplace."

Jon Lovett, also an executive producer as well as a former Obama speech writer, agrees, noting that while the series may mention very real issues — like unmanned drone strikes — for humour, this isn't supposed to be about the real White House.

"We are not sitting around worried about political correctness in the writers' room," Lovett says.

While real-life guest stars from the media world — including the *Today* show's Savannah Guthrie, MSNBC's Chuck Todd and Larry King — will be popping up, don't expect any familiar political cameos a la Vice President Joe Biden on *Parks*

Tuning in

"I didn't want to do TV, actually. I wanted to keep making as little money as possible in the theatre."

Josh Gad

On his first major television role

and *Recreation*. Simply put, this isn't that show.

"Our show exists in an alternate political universe," says Winer. "Joe Biden appearing would be like a python eating its own tail."

1600 Penn marks the first major television role for Josh Gad since he drew raves for his Tony-nominated performance in the *Book of Mormon*. But while he's also an executive producer and a writer on *1600 Penn*, he initially didn't want to play the role of screw-up First Son Skip Gilchrist, a loud, brash ball of energy similar to his *Book of Mormon* character.

"I didn't want to do TV, actually," he says. "I wanted to keep making as little money as possible in the theatre."

But as *1600 Penn* developed, Gad said the writing was just too good to pass up and he couldn't stand the idea of anyone else playing the role.

"And also all of the other of fers fell through," he jokes.

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Portlandia pair out to expand their world

Broad comedy. Armisen and Brownstein click refresh as certain characters embark on new adventures

PAT HEALY
Metro World News in Boston

Fred Armisen and Carrie Brownstein wanted to take the characters they developed in the first two seasons of sketch comedy show Portlandia someplace new.

Playing themselves, Armisen and Brownstein venture to Seattle to recruit prospective Portland residents (and end up with Chloe Sevigny as a new roommate); as Toni and Candace, they investigate a negative review on Yelp, which requires them to actually leave their feminist bookstore. Even Spyke — Armisen's ever cynical and hyper-local hipster bike mes-



Carrie Brownstein, Fred Armisen aim to take their characters to new places in Portlandia. CHRISTOPHER HORNBECKER/IFC

senger character — takes his crusade to “take back MTV” to New York City in this month's premiere.

But Armisen and Brownstein say that putting their characters in different locales is only part of the new direction for Portlandia.

“This year, we were all about making it less conceptual and more about,

“Who are these people?” and then, “Which of these scenarios do they lend themselves to?” like putting a handful of characters in conflict,” says Brownstein.

It seems like Portlandia itself is in conflict. What began as a niche sketch comedy show that skewered a city known for its quiet eccentricities has struck a universal

chord. From the first season's launch to the second season's premiere, the show saw a 39 per cent rise in viewers. Not bad for a show that's just as apt to cast indie rock musicians in supporting roles as comedic actors. In between the second and third season, the pair toured a live show that featured as many earnest musical performances as

Make it big? Why not?

• **Not like Spyke.** The night before this interview, we spotted Armisen at the 12.12.12 concert in Madison Square Garden, taking in some of the biggest acts in music. He says he is not at all like Spyke, that character who becomes enraged when somebody he doesn't approve of joins in on a trend.

• **Huge works.** “Even at my

most punk, as a teenager, I embraced the biggest bands,” he says. “I remember in high school, one of the biggest bands was The Police, and to me, I didn't care, and I never used the word ‘sellout.’ I loved The Police! I'd love my Dead Kennedys and Bad Brains records too. I embraced going to see huge bands. I don't subscribe to any theory that big is a bad thing.”

it did comedy bits. Armisen acknowledges that the show has a bit of an identity crisis, but he says it's liberating.

“I want to reach many people,” he says. “It's a comedy show and I guess technically it's a variety show because there's music in it, and so I have no limitations on it.”

But Armisen bristles at any insinuation that Portlandia is a place where he can put ideas that would be “too weird” for that other comedy show he's on, Saturday Night Live.

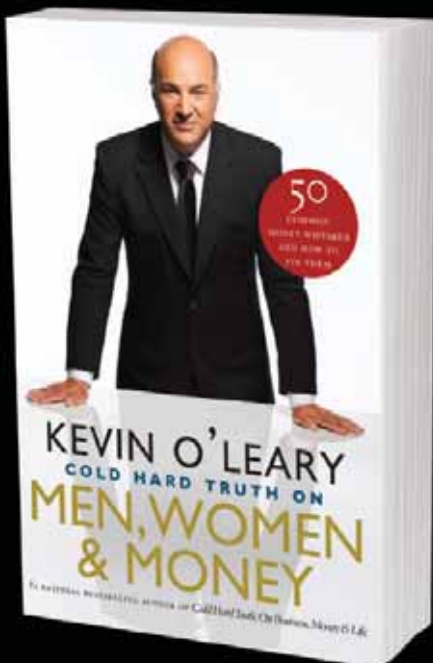
“There are things on Portlandia that are broad,” he argues. “It's hard to classify what something is, but SNL historically has done some weird stuff and I would say that that show has allowed me to do some very weird things that I can't believe I've gotten away with.”

Brownstein says they have kept a focus on certain characters throughout the seasons, not because they're reliable for audiences, but because of the possibilities she and Armisen find in them.

“I'm really not totally interested in crowd response as a means of gauging what to do next, creatively, because I think you can just really go down a rabbit hole with that, like trying to think from a marketing or network standpoint, because everybody has a different relationship to the show and it's such an individual experience and to try to guess or determine that beforehand is to limit yourself and take less risks,” she says.

“It kind of has to stem from the characters that we feel the most invested in and that we feel like we can explore at great length.”

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Spears splits from X Factor, now from fiancé

How over is Britney Spears' engagement to ex-fiancé Jason Trawick?

So over that they reportedly returned the \$90,000 engagement ring Trawick gave her, according to E! News.

Trawick gave Spears the ring when he popped the question in December 2011, but plans for marriage are clearly over.

"Jason and I have decided to call off our engagement. I'll always adore him and we will remain great friends," Spears says in a statement.

It's turning out to be a big year of splits for Spears, as she also parted ways with the folks at the X Factor last week.



Britney Spears is back on the market once again.

ALL PHOTOS GETTY IMAGES

Kobe Bryant gets back with wife



Kobe Bryant.

L.A. Lakers star Kobe Bryant and his wife, Vanessa, are not splitting up after all.

"We are pleased to announce that we have reconciled. Our divorce action will be dismissed. We are looking forward to our future together," Vanessa announced via her Instagram account.

The couple filed for divorce in 2011. Kobe took to his official Facebook page to go into a bit more detail.

"I am happy to say that Vanessa and I are moving on with our lives together as a family. When the show ends and the music stops, the journey is made beautiful by having that someone to share it with."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jackass alum killing it with his new reality show

THE WORD

Mark Breslin
scene@metronews.ca



Steve-O is the host of Killer Karaoke, a new series airing Tuesdays at 10 p.m. ET on Action.

The show features contestants performing their favourite songs in extreme and outrageous circumstances. We recently caught up with the Jackass alumnus to learn more about the show, aging and making people cry.

You became famous for putting your body on the line in shows like Jackass. Now you're putting other people's bodies on the line. Are you getting older or are you getting smarter? Or both?
I would like to believe both. I think that it's a good idea for me to work towards having a career more than a guy that just hurts himself.

Do the contestants know what fate awaits them?
When we're shooting a guy in a dog attack suit, he's probably got an inkling that he'll be attacked by dogs. But

for the most part, we don't let anybody on to what's going to happen.

And when you decide on what people are going to do, do you match the contestants' particular fears?
Where we are able to cater to a person's particular fears, we do.

Is anybody so tough that they just go through the song like the challenge is not even happening?
That hasn't happened. The challenges are tough enough that not one single person has made it through without registering some sort of difficulty.

Who makes better contestants, men or women?
Depends on the challenge. Everyone loves to see a guy in pain, I think and they love to see women scared, but not in pain.



Lindsay Lohan.

Former co-star comes to Lohan's defence

Lindsay Lohan is undergoing a fresh round of criticism thanks to a New York Times piece chronicling the adverse working conditions the actress inspired on the set of The Canyons, which she filmed last year.

But at least one former co-star is sticking up for her. "I never got yelled at. We didn't have that relationship at all. To be

completely fair to Lindsay, that did not happen. She didn't threaten me at all," says her Liz and Dick co-star Grant Bowler. "We had a lot of quiet, serious conversations about characters and we worked very, very hard. And we both ensured that when we came to set, we came to set very, very serious. That's the God's honest truth."

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Sunscreen

Lather up. Yes, even in the winter

Even when it's hidden behind sleeting rain, the sun can harm your skin, says Boston-based dermatologist Dr. Thomas Rohrer. He explains why this is the case.

Why do we need to wear sunscreen in the winter?

Basically, the skin really doesn't care if it's summer, winter, spring or fall — it just measures the cumulative amount of sun exposure that you have from the day you're born until the day you die, and it just keeps adding up. For a lot of the skin cancers, what happens is, as we get more and more sun, eventually one of our weaker cells

reaches its limit and then forms a cancer, so whether you get that from walking to the car each day in the spring or sitting out on the beach for a couple hours in the summer, it really doesn't make a difference to the skin.

What about on days when you can't even see the sun?

On cloudy days, some of the damaging rays of the sun go right through the clouds.



(Using sunscreen) should just become a part of someone's daily skin-care routine.

MEREDITH ENGEL, MWN

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Parenting fads set to rule the playground in 2013

Yearly predictions.

Each year, parents jump on new trends, and many of them are just plain annoying



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Another year has gone by and another year filled with annoying parenting trends has been ushered in.

Here are some fads I'd like to see disappear by the end of 2013.

Trophies for all

This one has been around for a while. We are raising our kids in a generation of "everybody wins and nobody loses" and what this does is make losers of us all.

Without experiencing not winning, kids don't know how thrilling it really is to bring home a coveted trophy or medal.

They don't give out Participation Medals at the Olympics; let's stop giving our kids trophies for simply turning

up. Think of the money, gold coloured plastic, and particle-board that could be saved.

Snacks at every event

From visiting the local park to half-time at a pre-school soccer game, apparently we've decided our children can not a) be hungry at any point or b) be expected to not have a snack every half an hour that c) parents must carry with them at all times.

Recess snacks? Snack break at a play date?

End the madness, please.

Ramping up holiday time

Kids used to send Valentine's Day cards to only kids they actually liked in their classroom.

Strange concept compared to today, when kids have to send in cards to everyone in the class, and half of them come with candies, stickers or pencils attached.

Then there's the mom who brings in (more!) snacks to the class on her child's birthday.

Let's lower that bar (and cost and calorie count) just a bit, OK?

Food deception

This trend continues to be popular as parents everywhere hide kale, quinoa, broccoli and other healthy foods inside sauces, stews and other mixed dishes.

Of course it's great to feed kids nutritious food, but they should also appreciate and learn about what they are eating so that they can make informed decisions once they leave home.

One day they'll have to decide what to pick for themselves or (gasp) make their own lunch.

Kid-tatorship

In many households, the kids are running the show when it comes to what they eat, when they eat, when they go to bed, what activities they choose to do and even where to go on vacation.

It's not all about the kids, kids. Remember that parents are people too and make sure you're not sacrificing all of your wants for theirs.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.



One trend sees all kids getting trophies just for showing up. ISTOCK

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Spice and stuff cookies for a decadent orange-date treat

These cookies incorporate spices and have a sweet surprise inside — a mixture of sweet dates, orange flavouring and crunchy hazelnuts. They're perfect with tea.

1. Orange Date Filling: In a saucepan, combine dates, orange rind and juice and bring to a simmer over medium heat. Cover and reduce heat to low. Cook, stirring once, for about 8 minutes or until juice is absorbed and dates soft. Remove from heat and stir to break up dates. Stir in hazelnuts and vanilla; set aside to cool.

2. In a bowl, whisk together flour, oats, baking soda, cinnamon, nutmeg and cloves; set aside.

3. In a large bowl, using an electric hand mixer, beat together butter and granulated and brown sugars until fluffy. Beat in egg and vanilla. Using a wooden spoon, stir in flour mixture. Then, using hands, bring dough together into a soft mixture.

4. Place a level 15-ml (1 tbsp)



This recipe makes about 30 cookies. THE CANADIAN PRESS H/O

measure of the dough on a work surface and flatten into a circle. Place 5 ml (1 tsp) of the filling into the centre and top with another flattened 15 ml (1 tbsp) of the dough. Pinch edges to seal. Place on parchment

paper-lined baking sheet and repeat with remaining dough and filling.

5. Bake in a 180 C (350 F) oven 12 minutes or until lightly golden around edges. Let cool

Ingredients

- 500 ml (2 cups) all-purpose flour
- 125 ml (1/2 cup) large flake oats
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) freshly grated nutmeg
- Pinch ground cloves
- 175 ml (3/4 cup) butter, softened
- 125 ml (1/2 cup) each granulated and brown sugars
- 1 egg
- 5 ml (1 tsp) pure vanilla extract
- Orange Date Filling**
- 250 ml (1 cup) pitted Medjool dates, chopped
- 2 ml (1/2 tsp) grated orange rind
- 125 ml (1/2 cup) orange juice
- 125 ml (1/2 cup) flaked hazelnuts (filberts)
- 2 ml (1/2 tsp) pure vanilla extract

slightly before serving.

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Second Cup White Mocha with whipped cream (16 oz, 2% milk)

460 calories, 24 g fat, 17 g saturated fat
Whipped cream and chocolate syrup make this more of a dessert.



Equivalent

A 16 oz, 2% milk Second Cup White Mocha with whipped cream is equivalent in fat to 10 8-oz cartons of chocolate milk. It also contains 1/3 of your daily calories and 1/2 your daily fat.



Second Cup Moccachino (16 oz, skim milk)

300 calories, 5 g fat, 4 g saturated fat
Take away the whipped cream and add lower fat milk and you have an acceptable hot beverage.



Have your cookies and dip into them too — literally

Ingredients

For the cookie dough

- 6 tbsp unsalted butter
- 1/2 cup packed brown sugar
- 1/4 cup granulated sugar
- 1 tbsp milk or cream
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 1/4 cups all-purpose flour
- 3/4 cup mini chocolate chips

For the dip

- Two 8-oz packages cream cheese, softened
- 2 cups powdered sugar
- 6 tbsp milk
- 1 tsp almond extract
- Pinch salt
- 1/2 cup sour cream
- 10 Oreo cookies, crushed

1. Cookie dough: In a large bowl use an electric mixer to beat softened butter and both sugars until light and fluffy. Add the milk, vanilla and salt, then mix well. Add the flour and mix just until thoroughly blended. Mix in chocolate chips.

2. Divide the mixture into chunks, about 1 teaspoon each. They don't need to be perfectly rounded. Arrange them with-

out touching on a parchment paper-lined baking sheet, then place in the freezer for 15 minutes.

3. Meanwhile, in a food processor combine the cream cheese and powdered sugar.

4. Process until smooth and creamy. Add the milk, almond extract, salt and sour cream, then process. Transfer



This recipe serves 24. MATTHEW MEAD/ THE ASSOCIATED PRESS

to a bowl, then use a spatula or spoon to gently stir in the crushed cookies.

5. Once the cookie dough

chunks have chilled, gently stir them into the dip. Transfer to a serving bowl and serve immediately or chill until ready to serve. THE ASSOCIATED PRESS

This is the year I will be better...

First-person

Meet the real deal

Jonathan Paget is a primary care paramedic at Toronto EMS. Originally from Ottawa, he joined Toronto EMS in 2007 after graduating from the Algonquin College paramedic program. Prior to his career in paramedicine, Jonathan had a career in management in the hospitality industry.

Why I love my job:

I love my job because it's an extremely dynamic work environment, and I really enjoy helping people.

I like to be busy and the Toronto EMS is an extremely busy service. I like the variety too — two days are seldom the same.

When we are on a medical scene, we're calling the shots and we're able to problem solve and use our critical thinking skills. You're looking at a patient's signs and symptoms to figure out the best way to deal with the emergency.

Through your career, there will be something that's going to affect you emotionally. I was first on the scene for a large catastrophic car crash and I took that home with me for a couple of months.

It's important to have a healthy outlet. Thankfully, my wife is in emergency medicine so we debrief each other in a healthy manner. Peer support is helpful, and you can work with a staff psychologist too, if necessary.

I actually find that this job is the easiest job that I've ever done because I enjoy it so much. And, when you do something to help the public, it adds something special to the job you're doing.

The business of being a hero

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If you can keep your cool in an emergency and don't faint at the sight of blood, paramedicine might be the career for you.

Paramedics are "first responders," working alongside police and firefighters to provide emergency services and pre-hospital care for patients.

In the course of a shift, they may be dispatched to a car accident, a private home where someone is having a heart attack or the scene of a shooting.

Paramedics perform CPR and other basic trauma life support to stabilize patients and then rush them to hospital. They work in teams,



Working paramedics have taken a community college course and obtained proper certification. ISTOCK

drive their own ambulances or emergency response vehicles and provide care on-site and en-route to the hospital.

Career opportunities

- Ambulance service or EMS member
- Search and rescue team member
- Supervisory role
- Emergency planning
- Emergency medical dispatcher
- Industrial safety
- Military medic
- Air ambulance worker

Salary expectations

\$70,000 to \$85,000 (Toronto EMS numbers)

Career tracking

Recent grads get jobs working for an EMS department. There are different levels of paramedicine and you can take additional training to become an advanced care or critical care paramedic.

Paramedic perk

"It is a profession where every personal encounter is a chance to make a meaningful difference in someone's life. Paramedicine is a rewarding career for those with a passion for health care and who also enjoy being constantly mobile."

Kim McKinnon
Superintendent, Toronto Emergency Medical Services

The In-Credibility Factor

Name: Joy Hu
City: Toronto
Age: 26
Occupation: Director, designer and production manager of The Joy Hu Collection



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Joy Hu is a Canadian fashion designer of couture clothing with showrooms in Toronto and New York. Joy started drawing at age five, produced her first design at the age of 13 and by the time she was 18 years old, her online design business was making \$10,000 a month. She describes her design style as "a cocktail of romantic elegance with modern sexy chic and a dash of diamond."

I knew I was on my way when ...

I started my showroom in Canada in 2008. I had just moved from China the year before and I didn't know anyone.

I started with one rack of 10 garments but now I have 20 racks in my showroom. My designs have an international taste with a twist of the East and West.

I look up to Vera Wang and in five or 10 years I want to be like her, but my definition of success isn't about money. I want my clients to feel and look good. When my customers are happy and come back, that makes me feel like I have done my job.

Action Plan:**Listen to your customer**

There are lots of talented designers out there that are creating clothing more for themselves. Give your customer something creative, but remember to always make it wearable.

Social media is a powerful marketing tool

We don't have Facebook in China, so when I came to Canada I learned about social media. I have built my whole business based on Facebook — it's incredible. For the 21st century, online marketing is very important.

Watch your bottom line closely

In the early years of your business, be careful what you spend. I saw one designer put all their money into beautiful pictures, but went bankrupt shortly after. Start out slowly, be careful what you spend and always have a backup plan.

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



When Joy Hu started her showroom in Canada, she only had one rack of garments. Now she has 20. PROVIDED

**my goals will be fulfilled and
nothing will get in my way...**

AUS hockey

Huskies knock off defending champs on home ice

The Saint Mary's Huskies made a statement Saturday night at the Halifax Forum.

Facing the league-leading and two-time defending AUS champion New Brunswick Varsity Reds, the Huskies won 5-3 to move within a point of UNB for first place in the eight-team league.

The Huskies, ranked No. 5 in the CIS, were led against the No. 2 Varsity Reds by former Halifax Mooseheads forward Ryan Hillier, who finished with a goal and three assists.

Chris MacKinnon had two goals and an assist for Saint Mary's (14-5-1), while Jeff Marchand also netted a pair.

As for the Dalhousie Tigers, they split two weekend road games, including a 4-0 shutout win Saturday against the Moncton Aigles-Bleus, a team they now trail by four points for the final playoff spot. **METRO**

AUS basketball

SMU still perfect in women's hoops

The Saint Mary's Huskies women's basketball team improved to 9-0 on the season with two road victories over the Prince Edward Island Panthers this weekend.

The Huskies edged the Panthers 73-70 on Friday and 60-52 on Saturday. Justine Colley combined for 43 points in the two victories.

As for the Dalhousie Tigers, they defeated the host Acadia Axewomen 73-67 on Friday and are now 7-2. **METRO**



Halifax Mooseheads forward Nathan MacKinnon had three points in two games as he returned to the lineup over the weekend. **JEFF HARPER/METRO**

Moose don't want stars burning out

Back in Herd. Frk records four points on weekend; MacKinnon and Drouin three



PHILIP CROUCHER
philip.croucher@metronews.ca

The Halifax Mooseheads don't want Nathan MacKinnon, Jonathan Drouin and Martin Frk to burn out and head coach Dominique Ducharme says he has a plan in place to address it.

Ducharme said Sunday he won't have them sitting out actual games, but does expect to keep them out of practices at various points over the next two months as the regular sea-

son winds down.

"Looking at the schedule, we're going to pick times where we keep them away from the rink," he said. "Energy level, and mentally, it's a grind what they went through."

What they went through was the world junior hockey championships, which not only included the games themselves, but a tryout camp and overseas travel.

This week, there's more on the plate for MacKinnon and Drouin as they take part in the CHL Top Prospects Game at the Metro Centre. The event includes practices on Monday and Tuesday, and the game itself on Wednesday night.

MacKinnon, Drouin and Frk returned to the Mooseheads lineup over the weekend and

Quoted

"We know they've been playing a lot of hockey."

Mooseheads coach Dominique Ducharme on Nathan MacKinnon, Jonathan Drouin and Martin Frk.

helped the team record back-to-back victories — a 4-2 win over the Blainville-Boisbriand Armada on Friday night, and a 4-3 come-from-behind triumph against the P.E.I. Rocket on Saturday.

MacKinnon, Drouin and Frk combined to finish with 10 points, including eight against the Rocket as Halifax battled back from deficits of 2-0 and 3-2.

"I thought Friday night they

Winning teams

- Saturday's victory was Halifax's 35th this season.
- The Mooseheads' franchise record for wins in a single season is 46 recorded during the 1998-99 campaign.
- The QMJHL record is 58 wins — a feat recorded by three teams, including the 2010-11 Saint John Sea Dogs.

tried to do a little bit too much. It's normal. We expected that," Ducharme said. "On Saturday, the second and third periods, they did a really good job."

4 SPORTS

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Familiarity breeds contempt in both AFC and NFC championships

NFL. Patriots meet Ravens for 2nd-straight year and Falcons face another mobile QB in Kaepernick with trip to Super Bowl on line

One game is a rematch. The other might feel like one — at least to one of the teams.

For the second straight year in the AFC, the New England Patriots will host the Baltimore Ravens with a trip to the Super Bowl on the line.

In the NFC, it will be San Francisco travelling to Atlanta, with the Falcons defence trying to stop a versatile, running quarterback for the second straight week.

"Russell Wilson and Colin Kaepernick are mobile quarterbacks who throw the ball at extremely accurate levels," Falcons safety Thomas DeCoud said. "We can use this game as a cheat sheet to prepare for next week."



Matt Bryant of the Falcons kicks the game-winning field goal in the fourth quarter against the Seattle Seahawks on Sunday in Atlanta. STREETER LECKA/GETTY IMAGES

On Sunday, the Falcons barely got past Wilson and the Seattle Seahawks, who overcame a 20-point deficit to take a one-point lead, but gave it up after Matt Ryan drove Atlanta

into field goal range and Matt Bryant made a 49-yard kick with eight seconds left.

Atlanta is the only team not making a repeat appearance in the final four. Last year, it was

the Giants playing, and beating, the 49ers for the NFC title.

On Saturday, Kaepernick passed for 263 yards and rushed for 181 — a playoff record for a quarterback — to defeat Green

Bay 45-31.

"We're one step closer to where we want to be," said Kaepernick. San Francisco hasn't been to the Super Bowl since 1995, when Steve Young

led the 49ers to their fifth Lombardi Trophy.

Though the Niners must travel cross country for the game, they opened as three-point favourites in a meeting of teams that played twice a year until 2003, when Atlanta was moved from the NFC West to the NFC South. Their only previous playoff meeting was a 20-18 win for the Falcons in the 1998 divisional playoffs. Atlanta won at Minnesota the next week to make its only Super Bowl.

San Francisco's 20-17 overtime loss last year to the Giants was part of a tense day of football that began with New England's 23-20 victory over the Ravens in the AFC title game.

In that game, Billy Cundiff missed a 32-yard field goal that would have tied the game with 11 seconds left. This season, Justin Tucker beat out Cundiff for the kicker's job. Tucker hit a 47-yarder against Denver Saturday to lift the Ravens to a 38-35 win in double overtime, extending Ray Lewis' career for at least one more week.

THE ASSOCIATED PRESS

Penguins welcomed back in Pennsylvania



Penguins captain Sidney Crosby listens to head coach Dan Bylsma during the opening day of NHL training camps on Sunday in Canonsburg, Pa.

GENE J. PUSKAR/THE ASSOCIATED PRESS

Pittsburgh Penguins coach Dan Bylsma was in the midst of a little speech during his first day at his normal job in eight months when his players stopped suddenly and raised their sticks in the air.

The gesture served as a salute to the hundreds of fans who packed a suburban Pittsburgh hockey complex to watch the Penguins in their first official practice since the end of the NHL lockout.

The response — a chant of "Let's Go Penguins" by the folks who crammed elbow to elbow on concrete bleachers —

Malkin en route

Evgeni Malkin is expected to join the Penguins following a few months playing for the KHL in his native Russia.

erased any lingering concern about animosity over the four-month work stoppage that cut the league's season nearly in half.

"It's pretty special to have a packed building," Bylsma said.

It marked a stark contrast to the lockout, when a hand-

ful of players — captain Sidney Crosby included — would get together at the same facility for drills.

The crowded ice and Bylsma's whistle gave things a sense of order following anxiety that the season might be lost completely.

Now it's game on for a team considered a Stanley Cup favourite now that Crosby appears to be fully recovered from concussion-like symptoms.

For once, it was nice to just have things feel like normal. Or at least as normal as preparing for a 48-game season in a week

can feel anyway.

"It felt a little bit different," Crosby said. "The meetings were a little bit shorter, just kind of a shorter version of everything, a condensed version. I don't think anything was wrong with that. I didn't mind not having to do fitness testing and shorter meetings."

Maybe it's because the Penguins have few holes to fill. The team invited just 26 players to camp, meaning there will only be a handful of cuts before the season starts on Saturday in Philadelphia."

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Horoscopes

Aries

March 21 - April 20

You will find it difficult to disguise your feelings today, but why would you want to? No matter how hard you try to keep your opinions to yourself something will slip out. Let's just hope it's something good.

Taurus

April 21 - May 21

No matter how carefully you try to explain something to a friend or colleague they just don't seem to get it. Are they stupid or are they stubborn? Whatever the answer don't waste too much time on them.

Gemini

May 22 - June 21

Don't commit yourself too easily, especially if certain people try to push you into making a quick decision. In fact, the more they talk up a project the more suspicious you should be. Make sure you know all the facts.

Cancer

June 22 - July 23

You would be wise to remember today that not everyone is as straightforward and honest as you - in fact some people seem to be evasive by design. Trust only those who have a track record of being straight shooters.

Leo

July 24 - Aug. 23

If you have a detailed plan of what you intend to do everything will work out fine. If, however, you leave things to chance your day will probably fall apart in a matter of minutes. So draw up that plan.

Virgo

Aug. 24 - Sept. 23

If you follow the rules over the next 24 hours you won't go far wrong, but if you cut corners you could end up in serious trouble. Today's aspects suggest someone is in for a rude awakening. Don't let it be you.

Libra

Sept. 24 - Oct. 23

Use your head when dealing with people in positions of power. You may be entitled to get angry with a certain individual but don't forget they have the power to make things difficult for you.

Scorpio

Oct. 24 - Nov. 22

Spell out what you expect of other people in plain and simple language today, because if your instructions are vague it's guaranteed they will get it wrong. Then they will be perfectly entitled to blame it on you.

Sagittarius

Nov. 23 - Dec. 21

You may have made up your mind about something but if everyone else disagrees with you it might be wise to think again. If you discover later on that you made a decision based on limited facts it could prove costly.

Capricorn

Dec. 22 - Jan. 20

You need to delegate more and you need to trust friends and colleagues to do a good job. Okay, so it won't be as good as if you had done it yourself but not even a Capricorn can do it all. Get help.

Aquarius

Jan. 21 - Feb. 19

Some things happen for a reason and some things, well, they just seem to happen. What takes place today will most likely fall in the latter category. Don't search too hard for an answer. Maybe there isn't one.

Pisces

Feb. 20 - March 20

Why worry about things that most likely will never happen? If you stop and consider what you are getting worked up about you will realize it is of no importance at all. Why frown when you could be smiling?

SALLY BROMPTON

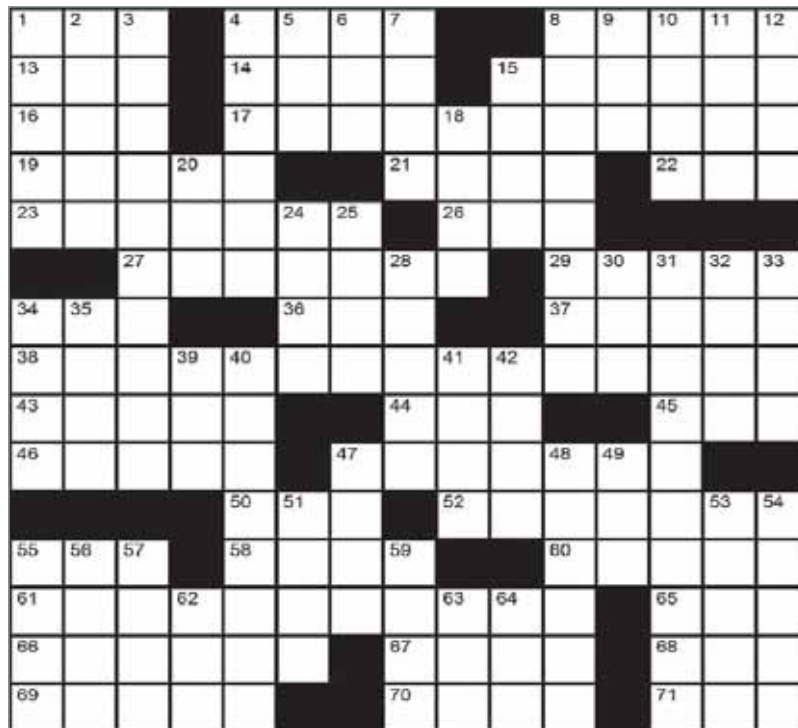
Crossword: Canada Across and Down

Across

1. Electronics co.
4. Wharf
8. Gartic segment
13. Vitner's prefix
14. Seed covering
15. Swiss ___
16. Australian boot maker
17. Guy in Alanis Morissette's "You Oughta Know": 2 wds.
19. Sea swallows
21. "You Raise ___" by Josh Groban: 2 wds.
22. ___ de plume
23. James Bond's tools-of-the-trade: 2 wds.
26. Sales pro
27. Neutral lip/___ (Makeup application pairing)
29. Emily Watson's role in "Gosford Park" (2001)
34. Jackie O's hubby
36. Blood-typing letters
37. Nicole Kidman's friend Naomi
38. Voyager vessels: 2 wds.
43. Jim Cuddy's band, with Blue
44. Actor Mr. Penn
45. US firearms org.
46. "___ secret that..."
47. Sasha Fierce singer
50. ___ Paulo, Brazil
52. Garage function
55. Facing [abbr.]
58. Laze
60. Taylor Swift song-for-charity
61. Reality star who won gold at the Montreal 1976 Olympics: 2 wds.
65. Theatrical monogram
66. Edmonton players
67. Ex-Leaf Tie
68. Kind of deer
69. Ex-Montreal team
70. Takeout orders, e.g.
71. Pastureland

Down

1. Major upsets
2. Pre-university school in Quebec
3. Rovio game sensations: 2 wds.
4. Silent movie's in-distress role

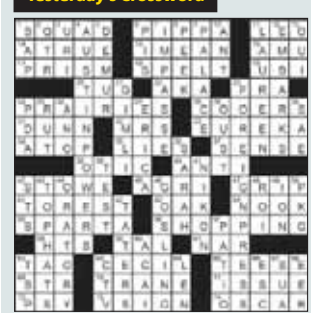


5. Hockey's Bobby
6. "El ___" (1961)
7. Supermodel Heidi
8. "The legend lives on from the ___ on down..." - Gordon Lightfoot
9. Lake: French
10. Ken of "thirtysomething"
11. Disallow
12. Word's history [abbr.]
15. Colonel Mustard's game
18. Mere's mate
20. Stop-___
24. Just ___ (Small bit)
25. Ms. McEntire

28. Radiohead singer Thom
30. PC linking system
31. The ___, Canadian author Margaret Laurence's most famous work: 2 wds.
32. Road of Rome
33. 'Cont' completer (Italian noblewoman)
34. Dugout shelter
35. Hilarious one
39. 100 yrs.
40. Gene Hackman basketball movie
41. Jays followers

42. Curdle
47. Tree trunk
48. Action star Chuck
49. ___Magnon Man
51. Noun modifiers, for short
53. Movie star Clark
54. Laud to the heavens
55. Orchestra instrument
56. Grand ___ racing
57. "___ Fiction" (1994)
59. Remnants
62. Company pres.
63. ___ Turn (Road sign)
64. Diplomatic bldg.

Yesterday's Crossword

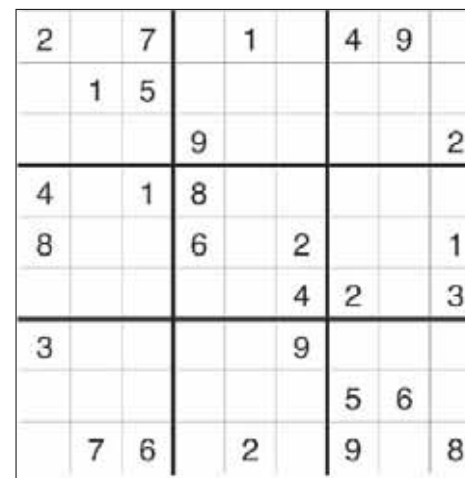
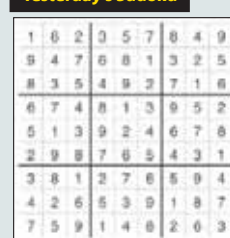


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

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Showers
40%

Tuesday

-2°/-6°
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